



The Center

Volume 27, Issue 1
September 1, 2015



Early Childhood Programs of Lake County School District

Our mission is to serve and respect children and families by providing research-based early childhood services that promote the development of knowledge, life skills, and self-esteem.

September Events

- September 7
The Center is CLOSED for Labor Day
- September 9
Policy Council meeting 5:00—7:00pm
- September 24
Family Fun Night 5:30-7:00pm
- Every Friday
Teacher Planning
Families Welcome

Preschool News—Head Start Updates

Welcome to a brand new school year!

The Center staff is very happy to finally get to meet all of our new friends and get re-acquainted with our old friends. We have been doing so much to prepare. Teachers have been very busy with taking professional development trainings and preparing their classrooms. Custodians have been power washing the playground and shining the floors

You will see some new faces on our staff this year.

These new additions to our team are:

- Tracey Clafin, Lead Teacher
- Becky Jungnitsch, Lead Teacher
- Claire Oatey, Business Manager
- Chantell Sanchez, Assistant Teacher

Our new staff have been busy learning about our mission and are ready to start our brand new school year.



Parents' Voices

It is important for us to hear from you. We welcome your input to operate a program that meets the needs of the families we serve. To reach:

Tanya Lenhard 486-6920
Director of Early Childhood Programs

Policy Council 486-6888
extension 2190

Please come to:

Family Fun Night "Outdoor Exploration"



*Thursday, September 24
5:30—7:00pm*

FREE fun activities for kids at The Center and their families.

Transportation Updates

*From Jenny Mascarenaz
Transportation Manager*

Look Before Your Lock

As temperatures across the country continue to escalate above average highs, it is more important than ever to understand the health effects for children. Infants and young children are particularly sensitive to the effects of extreme heat and must rely on others to keep them safe. **When left in a hot vehicle, a young child's body temperature can increase three to five times as quickly as an adult's.**

On average, every 10 days a child dies from heatstroke in a vehicle. These deaths are preventable, and everyone in the community, especially Head Start and child care providers, has a role to play in protecting our children.

Here are a few simple things you can do:

- Make it part of your everyday routine to account for all children in your care. Set up backup systems to check and double-check that no child is left in the vehicle. Never leave a child unattended in a vehicle—even if the windows are partially open or the engine is running with the air conditioning on. Vehicles heat up quickly; if the outside temperature is in the low 80s, the temperature inside a vehicle can reach deadly levels in only 10 minutes, even with a window rolled down 2 inches.
- Always make a habit of looking in the vehicle—front and back—before locking the door and walking away.
- Create reminders to ensure that no child is accidentally left behind in the vehicle. Place an item that is needed at your final destination in the back of the vehicle next to the child or place **a stuffed animal in the driver's view to indicate that a child is in the car seat.**
- Call 911 or your local emergency number immediately if you see a child alone in a hot vehicle. If he or she is in distress due to heat, get the child out as soon as possible and cool him or her down rapidly.



Lake County Community Health Resources

<p style="text-align: center;"><u>Lake County Public Health</u></p> <p style="text-align: center;">486-2413</p> <p>Immunization clinic, family planning, health care for children with special needs.</p> <p>Medicaid and CHP+ applications.</p> <p><u>Immunization Clinic</u>- By appointment <u>Family Planning</u>- By appointment <u>Blood Lead Testing</u>- By appointment</p>	<p style="text-align: center;"><u>Nutrition Programs</u></p> <p>WIC- 486-2749 Supplemental foods for women, infants and children who qualify.</p> <p>St. George Community Meals- 200 West 4th Free community meals, all are welcome.</p> <p>Please see Mary in Room 9 for more local food resources.</p>	<p style="text-align: center;"><u>Doctors</u></p> <p><u>Rocky Mountain Family Practice...</u> 486-0500 Dr. Lisa Zwerdlinger, Amy King, PA, Tyler Norton, PA, & Joette Eyser, PA</p> <p><u>St Vincent Leadville Medical Clinic...</u> 486-1264 Dr. Gary Petry, Jackie Duba, MPH,PA</p>
<p style="text-align: center;"><u>Mental Health/Support Services</u></p> <p>Alcoholics Anonymous.....486-3087</p> <p>Solvista Mental Health.....486-0985</p> <p>Summit Community Care Clinic...970-668-4040</p>	<p style="text-align: center;"><u>Dentists</u></p> <p>Dr. Lance Schamberger.....486-2060</p> <p>Dr. Christine Jones.....486-0053</p> <p>Dr. Curtis Slack.....486-3801</p> <p>Pediatric Dental Specialties.....970-668-8668</p> <p>Summit Community Care Clinic.....970-668-4040</p>	<p style="text-align: center;"><u>Emergency & Hospital</u></p> <p>Emergency.....911</p> <p>St. Vincent Hospital.....486-0230</p> <p style="text-align: center;"><u>Optometric</u></p> <p>Lake County Vision Center.....486-2505</p>



“Don’t leave me here!”

Have you heard this before from your young child? Anxiety regarding separation from a parent is a perfectly normal occurrence—especially the first few weeks of a new school year. Just as adults worry about beginning a new job or moving to a new neighborhood, children experience anxiety about a new classroom, teachers, and meeting classmates. It takes time to adjust and learn to trust. Teachers understand these feelings and will do everything possible to comfort and reassure your child. You can assist in preparing your child for this new adjustment. Below are a few tips:

- **Be confident!** Your child’s coming to a safe and caring place with experienced and well trained staff.
- **Reassure your child** that you will return soon and you know where to find him/her.
- **Establish a consistent drop-off routine.** Staying longer, or returning to the room, will confuse your child. Please do not “disappear” without saying goodbye. Let the teacher know when you are ready to go...then go. You are welcome to call The Center later to check on your child.
- **Send a transitional object** to help your child stay connected with home. A small blanket or stuffed animal for the first few weeks would be fine. Be sure to label any item sent from home.

Separation anxiety does not last forever—although it may feel like it! Your child will adjust. He or she will soon arrive each morning happy and ready to begin a fun, busy, day at The Center.

Book Nook – books to support starting school!

The Kissing Hand by Audrey Penn

Little School by Beth Norling

Pete the Cat: Rocking in my School Shoes by Eric Litwin

I Love You All Day Long by Francesca Rusackas

Mama Don’t Go by Rosemary Wells





September 2015 Preschool Menu

Monday- 31	Tuesday- 1	Wednesday- 2	Thursday- 3	Friday- 4
CEREAL, FRUIT ----- CHEESE RAVIOLI, BREAD-STICK, VEGGIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- CRUNCHY HAWAIIAN CHICKEN WRAP, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA, CUCUMBER, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- CHICKEN FAJITA STIR FRY, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 7	Tuesday- 8	Wednesday- 9	Thursday- 10	Friday- 11
NO SCHOOL TODAY	GRANOLA BAR, FRUIT ----- ITALIAN DIP STICKS, VEGGIES, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, CARROT STICKS, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- BBQ PORK SANDWICH, VEGGIES, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- BEAN BURRITO, CORN, FRUIT ----- YOGURT, FRUIT
Monday- 14	Tuesday- 15	Wednesday- 16	Thursday- 17	Friday- 18
CEREAL, FRUIT ----- HAMBURGER ON BUN, FRENCH FRIES, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- SPAGHETTI WITH MEAT SAUCE, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- SUNFLOWER BUTTER & JELLY SANDWICH, YOGURT, VEGGIES, FRUIT ----- GRAHAM CRACKERS, FRUIT	PANCAKES, FRUIT ----- CHICKEN QUESADILLA, CORN, FRUIT ----- HARD BOILED EGG, CRACKERS, FRUIT	CEREAL, FRUIT ----- SMOKED TURKEY & BEAN SOUP, ROLL, FRUIT ----- BLUEBERRY MUFFIN, FRUIT
Monday- 21	Tuesday- 22	Wednesday- 23	Thursday- 24	Friday- 25
CEREAL, FRUIT ----- CHEESE RAVIOLI, BREAD-STICK, VEGGIES, FRUIT ----- GOLDFISH CRACKERS, VEGGIES	GRANOLA BAR, FRUIT ----- CRUNCHY HAWAIIAN CHICKEN WRAP, FRUIT ----- STRING CHEESE, FRUIT	CEREAL, FRUIT ----- PIZZA, CUCUMBER, FRUIT ----- BANANA BREAD MINIS, FRUIT	FRENCH TOAST, FRUIT ----- CHILI CON CARNE WITH BEANS, CORNBREAD, FRUIT ----- SOFT PRETZEL, SUNFLOWER BUTTER, FRUIT	CEREAL, FRUIT ----- CHICKEN FAJITA STIR FRY, FRUIT ----- YOGURT, FRUIT
Monday- 28	Tuesday- 29	Wednesday- 30		
CEREAL, FRUIT ----- GRILLED CHICKEN ON BUN, POTATOES AU GRATIN, FRUIT ----- ANIMAL CRACKERS, VEGGIES	CHEESY BAGEL, FRUIT ----- ITALIAN DIP STICKS, VEGGIES, FRUIT ----- COTTAGE CHEESE, FRUIT	CEREAL, FRUIT ----- GRILLED HAM & CHEESE SANDWICH, CARROT STICKS, FRUIT ----- GRAHAM CRACKERS, FRUIT		

Breakfast is served at 9:30 with milk
Lunch is served at 12:00 with milk
Snack is served at 3:30 with water

Menus are
subject to
change

The Center participates in the USDA funded program and is an equal opportunity provider and employer



Health News

From AnnaMarie Valdez,
Health Manager

I just want to WELCOME you all too a great new school year! And to **remind you that all children's physicals are due by September 30th.**

If you need assistance in making an appointment or have any further questions please feel free to contact me at 486-6923.



*REMEMBER THAT YOUR CHILD IS NOT ABLE TO ATTEND
THE CENTER WITHOUT A PHYSICAL.*

Below are a few tips from The National Center on Health when planning a visit to your **physician's office:**

- *Ask for help if you do not understand a health form or do not know how to fill it out.
- *Ask for handouts in the language that is easiest for you to read.
- *Write down questions you have before you go on any health care visit.
- *Tell You Doctor if you do not understand what he or she is saying.
- *Go to the library and ask how to find accurate information about your health concerns and medicines.
- *Ask your Head Start Program for information on health issues that concern you.
- *Go to health workshops **at your child's Head Start program and in your community.**

Have a wonderful school year!!

Parking Etiquette



It is illegal to park in any marked or unmarked crosswalks. Never block curb ramps located inside or adjacent to crosswalks. Leave at least three (3) feet of space between a curb ramp and your vehicle.

It is unlawful for any person other than a disabled person to park in a parking space on public or private property which is clearly identified by an official sign as being reserved for use by the disabled unless the person is parking the vehicle for the benefit of a disabled person. A placard or license plate issued to a disabled person shall be displayed on the vehicle while parked in the space.



<http://www.sfmta.com/getting-around/parking/how-park-legally>

<https://www.springsgov.com/Page.aspx?NavID=1687>

Community Connections

*From Mary Cannell,
Family and Community
Partnerships Manager*



CHP+ / MEDICAID

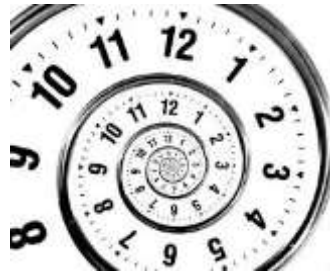
Application assistance available

719.486.6928

For more information, visit Room 9

*Do you want, books, computers,
and the ability to travel through
time and space?*

*Get a
library card!*



Lake County Public Library is located at 1115 Harrison Avenue and provides a number of *FREE* services to the residents of Lake County.

Curious? Just stop by the library or Room 9 for more information.

FREE Family
Counseling offered for
Head Start Families

Provided by Solvista Health
(formerly West Central
Mental Health)

Counseling is offered to
families free of charge.

*Please arrange an
appointment through Room 9.*



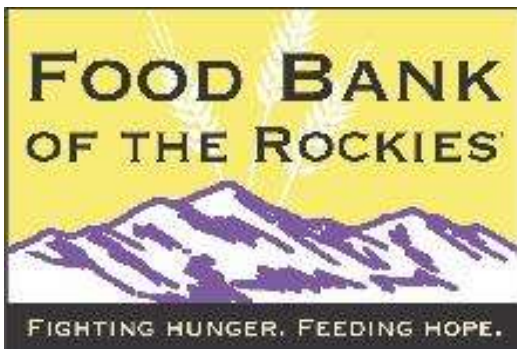
Food Bank of the Rockies

will be distributing free food at St. George's church on the third Wednesday of each month.

There are no applications necessary.

Just arrive at 8:00am to ensure a spot in line.

Bring boxes or bags to carry food home.



Getting Your Child to Behave

These parenting techniques can help defuse potentially explosive situations.

by Royce Flippin

Spend unstructured time together

Schedule 15 minutes each day with your child, to do whatever he wants to. Playing together helps repair the parent-child bond and lays the groundwork for positive reinforcement in the future.

Praise good behavior immediately and often

Positive reinforcement is the best behavioral tool, and especially powerful when it comes from a parent. Look for opportunities throughout the day to praise your child. Keep praise immediate and enthusiastic, and specify the exact behavior you're commending.

Reinforce praise with tokens

This works especially well with young children. Tokens can be anything tangible and easily recorded -- stars on a chart, coins in a jar -- and should be awarded promptly for good behavior. Once a certain number of tokens are amassed, the child earns a predetermined reward, such as a video game, a sleepover at a friend's house, or a trip to the movies.

Don't ask, tell

Don't start your requests with "Would you mind?", or finish them with "O.K.?" Instead, make directives clear and succinct: "I notice your coat is on the floor. I'd like you to pick it up."

Insist that your child make eye contact with you when you speak to him or her. That way, you prevent your kid from ignoring you, while reinforcing what you're trying to communicate. "This can be done with humor," says child psychologist Douglas Riley. "I use the phrase, 'Give me your eyeballs.'"

Let your children know (politely) that they're not your equals

"I urge parents to make it clear that they own everything in their home," says Riley. "Kids are often outraged to discover this. But they need to know that you're in charge, and that access to all the nice things in life, like the phone, TV, and computer, has to be earned by showing positive behavior and a good attitude."

Set up and explain consequences for misbehavior ahead of time

These consequences should involve taking away privileges, such as access to the TV, playtime with friends, or another favorite activity. Particularly bad conduct, such as hitting or other physical violence, should result in an extended time-out (30 minutes for children over 8, an hour for adolescents), in an isolated room, where the child is instructed to think about his or her behavior.

Stick to the consequences, no matter what

"If your child hits a sibling five times and gets punished for it only three times, he knows he's got a 40 percent chance of getting away with that behavior," says psychiatrist Larry Silver, M.D. "A parent has to be 100 percent consistent in addressing bad behavior. Otherwise, the behavior may persist or even get worse."





How to Contact The Center Staff

For voicemail, dial 486-6888, then enter the extension listed.
 For email, use the listed address, then @lakecountyschools.net,
 for example: jsmith@lakecountyschools.net
 Staff members with (*) following their names are bilingual



Name	Position	Room #	Voice Mail	Email
Bissonnette, Lauren	Early Childhood SPED & Child Find Coordinator	10	4413	lbissonnette
Cannell, Mary	Family and Community Partnerships Manager	9	6928	mcannell
Caraveo, Brenda*	Preschool Teacher	5	4408	bcaraveo
Clafin, Tracey	Preschool teacher	3	4406	tclafin
Flores, Perla*	Preschool Teacher	2	4405	peflores
Glaser, Sally	Preschool Teacher	4	4407	sglaser
Hinds, Jenna	Preschool Teacher	8	4411	jhinds
Holm, Lizz	Preschool Teacher	2	4405	lholm
Jungnitsch, Becky	Preschool Teacher	5	4408	bjungnitsch
Lenhard, Tanya	Director of Early Childhood Programs	Office	6920	tdlenhard
Lopez, Nancy*	Preschool Teacher	3	4406	nalopez
Lopez, Trisha	Preschool Teacher	6	4409	trlopez
Lujan, Jacqueline	Preschool Teacher	6	4409	jlujan
Martinez, Wanda	Preschool Support Staff	9	6920	wmartinez
Mascarenaz, Chantel	Preschool Teacher	8	4411	chmacarenas
Mascarenaz, Jenny*	Transportation Manager	9	6925	jmascarenaz
Oatey, Claire	Business Manager	Office	6929	coatey
Roeder, Lisa	Preschool Teacher	7	4410	lroeder
Romero, Marissa	Child Care Director	Office	6920	maromero
Sanchez, Chantell	Preschool Teacher	7	4410	chsanchez
Sandoval, Brandi	Preschool Support Staff	9	6920	brsandoval
Sifuentes, Anne*	Preschool Teacher	4	4407	ansifuentes
Valdez, AnnaMarie	Health Manager	Library	6923	avaldez
Vigil, Alyssa	Cook	Kitchen	6924	allyssavigil
Policy Council*	Parents/Community Reps	9	2190	mcannell
Preschool Office	Resource Room - 486-6928 and 486-6925			
Child Care	Front Office - 486-6929			
Child Find	Room 10—719-293-4613			

Please Remember!
 For Attendance and The Bus
 please call 486-6925 and leave a message.

This line is checked right before the bus goes out each day, and attendance is recorded from the messages.

Other lines may be checked only once each day.

What is the Head Start
Policy Council?

A board of parents and community representatives who make decisions about the operation of the Head Start program.

Why do we include the meeting
minutes in the newsletter ?

To keep you informed about the program and its services.

How can you give your input ?

Your classroom representative's name is on the bulletin board between Rooms 8 and 9. A suggestion box is near the building entry. To leave a voice mail message, call 486-6888 extension 5229 .

The Center Early Childhood Programs - Policy Council Minutes - Meeting Date May 13, 2015

Attending: Cheryl Talbot, Samantha Leyba, Ann Stanek, Viviana Calleja, Jannet Zuniga, Eldenida Lagos, Tammy Taylor, Mari Spinner. Guests - Harmony Jump, Tanya Lenhard, Mary Cannell, Linda Flock

Not attending: Tamsey Tufte, Erin Allaman, Emma Tekanskik, Michelle Nye, Erin Watkins,

The meeting was called to order at 5:12pm by the Secretary, Samantha.

Roll Call: Samantha conducted roll call and determined a quorum was present. Program Specialist Linda Flock was introduced, and she explained her role in the oversight of the program.

Election of New Officer: Mary notified the group that the Chair, Liz Flores, had moved away. Jannet will move from an alternate to a voting member. After discussion, Samantha was nominated be the new Chair. Cheryl made a motion to thank Liz for her service and excuse her from further duties and to approve Samantha as the new Chair; Tammy seconded. The motion passed with all in favor and none opposed.

Approval of Agenda and Minutes: The agenda and minutes were reviewed. Mari moved to approve the agenda; Cheryl seconded. The motion passed with all in favor and none opposed. Cheryl moved to approve the April minutes; Tammy seconded. The motion passed with all in favor and none opposed.

Treasurer Report: Cheryl reported the balance of the Parent Activity fund to be \$925.19. Deductions for this month were the meal for the meeting. The catering deduction for April was lower than expected.

Committee Reports: Harmony gave the School Board report including reviews of the Parent and Student Summits. Mary reported that the Health & Wellness Committee reviewed policies and forms and discussed the new School Based Health Center. The Parent Activity Committee met to plan Rock Climbing Night, and the LCECC and Accountability Committees had not met since the last Policy Council meeting.

Training: Mary presented information about advocacy opportunities for families moving up to kindergarten and invited members to become acquainted with the Parent Connect, Wellness, and Playground groups. She also pointed out the brochure in the binders with information on this topic.

Director's Report: Kate presented a proposal to revise the budget to give teaching and management staff raises, and for the Center budget to begin paying more of the SPED team's salaries. The wage increases can be supported by the current tuition budget, which has been bringing in good revenues. According to information from the last Wage Scale Survey, staff at The Center are paid less than their peers in surrounding areas, and this change will help close that gap. The change to the SPED teachers share paid by The Center will more accurately reflect the contribution they make to preschool. Cheryl moved to approve the budget revisions; Mari seconded. The motion passed with all in favor and none opposed. Tanya reviewed the Director Report and answered questions.

New Business: Tanya presented Marissa Romero as a candidate for the open Child Care Director position and reviewed her qualifications. It was mentioned that if she was approved, the current transition plan would stay in place, so Marissa could stay in Room 3 with her class to finish the year. Mari moved to approve Marissa as the new Child Care Director; Ann seconded. The motion passed with all in favor and none opposed. Tanya reported the progress made on the Self-Assessment and advised the group that a draft would be emailed out as soon as it was available. **Members were invited to give input on next year's program via the Parent Survey and at Strategic Planning.** Invitations will be sent to everyone. Mary reviewed the Program Option info. Mari moved to approve the Program Option; Vivian seconded. The motion passed with all in favor and none opposed. Mary passed around a form that members could use to give permission for their names to be on the Policy Council ballot for the following year. Tanya reviewed some staff changes and indicated that interviews for new preschool teachers would take place over the summer. Members were advised that a special meeting would be requested over the summer to approve new staff. Members were thanked for their work on the greenhouse grant. Members were given water bottles as thank you gifts for service and returned their binders.

Unfinished Business: None

Announcements: The announcements from the agenda were noted, including the enrollment deadline, end of the year celebration, and an invitation to attend the September Policy Council meeting to encourage new members.

Adjournment: The meeting was adjourned at 6:33pm by Samantha.

Respectfully submitted, Samantha Leyba, Policy Council Secretary

Lake County School District
The Center / Margaret J. Pitts Elementary School
315 West 6th Street

Tanya Lenhard
Director of Early Childhood Programs
Phone: 719 486-6920
Fax: 719 486-9992
E-mail: tdlenhard@lakecountyschools.net



The Center's Governing Values



We believe:

- All children, families, and staff must be respected for their unique strengths and abilities
- The involvement of the family, regardless of its composition, is **an important part of enriching each child's success**
- Children have the right to be in a physically, emotionally, and mentally safe environment
- Children learn best in an accepting, loving and fun environment
- **That families are a child's first and most influential teachers**
- **We can support families in advocating for their child's best interest**
- It is the responsibility of all staff to nurture, strengthen, inspire **and expand each child's abilities, interest, and independence**
- All families must have access to affordable child care
- All children must be given equal opportunities to enter formal education ready to learn

If you need to call after 3:30pm

Please call us at 486-6920.

This is the only phone line that is staffed after 3:30pm.

You may leave a message at this number and it will be checked. If you call other numbers, or leave messages at other extensions, your message may not be heard until the following morning.

Parent/Staff Training Opportunities

Financial Literacy Computer-Based Instruction- Available in the Resource Room, the "Money Smart" curriculum is training on financial matters all parents should know. Developed by FDIC.

Car Seat Safety Training- Call Jenny for further information on free car seats for those who need them, and proper installation of new and existing seats. 486-6925.

Committee Updates

(Visit Room 9 for info)

Early Childhood Council

October 6 from 1:00—3:00pm at CMC. Parents and caregivers welcome.

Head Start Policy Council

September 9 at 5:00 in Room 9 at The Center. All Head Start parents are encouraged to volunteer for election to this parent committee.

For Attendance and The Bus please call 486-6925 and leave a message.

This line is checked right before the bus goes out each day, and attendance is recorded from the messages. Other lines may be checked only once each day.

If your child is sick and has a fever, keep him/her at home to prevent the spread of illness to others. Public Health and the School District advise parents to keep children home for 24 hours after the child is free from fever without fever reducing medications.